

Check out the Homecoming
photo spread!

Pages 4-5



Gulls take the win for
Homecoming game

Sports, Page 8

Index

News.....	1
Gull Life.....	3
Editorial	6
Sports.....	8

THE FLYER

Vol. 38, Issue 7

Salisbury University's Student Voice

October 19, 2010

Perez creates awareness of civil rights

By Vanessa Junkin
Editor in Chief
Vj21300@gulls.salisbury.edu

Tom Perez said his parents always stressed the importance of giving back and helping others.

Perez, now the assistant attorney general for the Civil Rights Division of the U.S. Department of Justice, has the opportunity to do that every day as part of his job.

"My folks taught us to love this country, to work hard, get a good education and make sure the ladder is down for others who are coming, and to give back because the country gave so much to us," Perez said. "Civil rights is a great way to give back because it's really about ensuring equal opportunity for everyone and making sure that people who live in the shadows of our communities can move into the sunshine."

He said his parents became politically-focused because they were political exiles coming to the U.S. from the Dominican Republic.

While Perez said he personally hasn't endured much discrimination aside from an instance relating to his last name while looking to rent an apartment in Boston, the examples he gave throughout his talk expressed that things are different for many people.

"I have been very blessed in my life in that regard, but millions of others haven't, and that's what motivates me to do my job," Perez said.

He has been the assistant attorney general for the Civil Rights Division since October 2009 and before that, he was most recently the secretary for Maryland's Department of Labor, Licensing and Regulation.

Near the beginning of his Oct. 15 talk, titled "Civil Rights in 2010 and Beyond," he spoke about his three main goals: ensuring equal access to opportunity, ensuring that the infrastructure of democracy is maintained and ensuring that people and communities can be moved "from shadows to sunshine."

See PEREZ Pg. 2

Mayor Ireton gets fired up about revitalizing Downtown



Adrienne Price photo

Salisbury Mayor Jim Ireton speaks passionately about the revitalization of Downtown Salisbury at the 124th anniversary of the Great Fire of 1886 which destroyed about 200 structures.

Students pump up the Gull pride Week of Homecoming events celebrates SU

By Kristina Jackereas
Staff Writer
Kj94017@gulls.salisbury.edu

During the week of Homecoming, the campus community witnessed singing, dancing, comedy, and most importantly, Sea Gull pride in its fullest.

Homecoming Week — with the theme of "Squawk This Way" — included a pep rally, the pageant, GullFactor, a wing-eating contest, battle of the bands on Thursday and SOAP's comedians. The festivities ended with the football game against the Huntingdon Hawks on Saturday, which was at the same time as the block party.

Each event kept the crowd entertained; t-shirts were thrown, prizes were given out, and the music set the tone for excitement.

October 11 kicked off homecoming with the pep rally. According to Hayley Efland, SGA executive vice president, the

pep rally was surely a success.

"The pep rally had an awesome turnout; the best I have seen in the four years I've been at Salisbury," Efland said. "We normally drop a curtain down the middle of the gym and only use one half, but this year, we had to raise the curtain and open up the other side to make room for all the students that came out. From what I've heard around, that's never happened in SU pep rally history."

The rally began with remarks from SU President Janet Dudley-Eshbach, and then Squawkappella sang. Various SU teams and the homecoming court were also introduced during the rally. Towards the end of the rally, Beat Ya Feet Kings from MTV's "America's Best Dance Crew" performed for the audience. Overall, the students seemed to enjoy the rally.

"The pep rally was really fun," said junior Dana Herson. "I'm in Squawkappella, and we are so happy that we are invited to perform every year. I also loved Be Ya

Feet Kings; they were amazing."

Sophomore George Slade also said he enjoyed having the dance crew at the pep rally.

"The rally was actually more fun than last year, especially because of the ABDC performing."

October 12 was the evening of the homecoming pageant and crowning of the king and queen. The event was hosted by SU alumnus Dave Morse.

The Homecoming Court consisted of eight seniors: Bobby Audley, Pat Gotham, Sean Kelly, Rob Suggs, Christina Hymes, Christie Stone, Jessica St. Sulme and Alexandria Winstead. The Court competed during four events: Sea Gull Wear — a competition to see who represents SU the best — and First Date Wear, Talent, Formal Wear and the question and answer segment. Afterwards, the king and queen — Pat Gotham and Jessica St. Sulme — were crowned.

See HOMECOMING Pg. 2



Kathy Pusey photo

President Dudley-Eshbach awards Assistant Attorney General for the Civil Rights Division of The U.S. Department of Justice Perez with an honorary citation.

Perdue School honors National Business Women's Week

By Amanda Biederman
Staff Writer
Ab24064@gulls.salisbury.edu

Women are making their mark in the business world, and this week, the Perdue School of Business is celebrating women during National Business Women's Week.

National Business Women's Week has been held annually in the U.S. since 1928, but this is the first year that SU is participating.

Running until Friday, Oct. 22, the celebratory week will feature a variety of speakers.

"Our purpose is to inspire, motivate, and encourage all women business students about the variety of business fields that are

open to them," said Jamie Holmes-Kruger, Perdue School of Business advising services coordinator.

There will be a forum on Wednesday, Oct. 20, from 1:30 to 2:30 p.m. where students can meet Eileen F. Bursa, senior vice president and chief financial officer of Perdue Farms. Bursa will also speak to students and teachers at 3:30 p.m. that day in the Holloway Hall Auditorium about her own experiences and personal professional leadership.

Bursa's topic will be "How to Succeed in Business, or What They Don't Teach You in Business School."

Peggy Baker, Perdue School of Business executive administrative assistant, said the lecture is open to

the public, including all students.

Speakers from SU and from across the country will visit classes. Local speakers include University President Dr. Janet Dudley-Eshbach, Vice President of University Advancement Dr. Rosemary Thomas, Provost and Senior Vice President of Academic Affairs Dr. Diane Allen, and Student Health Services Director Jennifer Berkman.

This week, the winners of the "You Are on Target" leadership award will be announced. There will be two winners, a junior and a senior.

"These outstanding women business students have shown that they possess great qualities in leadership and show promise in

the business world," Holmes-Kruger said.

The winners will receive gift certificates to Target and will be assigned to a "Target mentor" to guide them in pursuing a business career.

In honor of the event, there will also be short video interviews on SU's Web site. The videos will include Lili Kohr, owner of Tiger Lili; Kim Lutch, senior associate of the Becker Morgan Group, Inc. and Jennifer Layton, project manager at Matech. The interviews were conducted by Janessa Wolf, a senior at SU.

"It was so great. I was so nervous at first, but it was so amazing to meet these women," Wolf said of her

See PERDUE Pg. 2

Faculty, students reflect on time in India

Study abroad experience is discussion topic during India and the Sub-Continent series

By Mary Capper
Staff Writer
Mc33298@gulls.salisbury.edu

A study abroad experience in India proved to be a cultural immersion for not only the SU travelers, but also the local Indians.

On Oct. 13, Dr. Andrew Sharma, Dr. Edward Robeck and students Gillian Babb, James Arrington, Daniel Blackstone and Daniel Ulf discussed their experiences during the last winter term in India during a lecture that was part of the Cultural Laureate program and part of the India and the Sub-Continent series.

The lecture, titled "Experiences of Study Abroad in India," included three differ-

ent picture-filled PowerPoint presentations to enlighten the audience about not only India, but the benefits of studying abroad.

Sharma, a professor in the communication arts department, gave the first presentation, which included a general overview of what encompassed last winter's India study abroad program.

The students took several classes in India including Culture and Communication in India, as well as an introductory Hindi course to better help the students assimilate in their temporary home.

The classes were taken at the University of Mumbai's St. Xavier's College. Mumbai

See INDIA Pg. 2

Little Caesars
HOT-N-READY
LARGE PIZZA
CHEESE OR PEPPERONI
ALL DAY, EVERY DAY!

1014 S. Salisbury Blvd.
(Located in The Clairmont Center, next to Salisbury University)
410-546-3900
Carry Out Only!

Prices may vary. ©2010 L.C.E., Inc. 15935

\$5.99 plus tax

Little Caesars

Large One Topping Pizza
\$5⁹⁹ +Tax

Any One Topping, Excluding Extra Cheese
Valid at Salisbury location only.
While supplies last. L.C.E. Inc.
2010. Expires 12/31/10.

Little Caesars

Medium 2 Topping Pizza
\$5⁰⁰ +Tax

Valid at Salisbury location only.
While supplies last. L.C.E. Inc.
2010. Expires 12/31/10.

Little Caesars

Meal Deal
\$9⁹⁹ +Tax

Large 1 Topping Pizza, Crazy Combo
and 1 Two Liter Pepsi Product.
Valid at Salisbury location only.
While supplies last. L.C.E. Inc.
2010. Expires 12/31/10.

Briefly Stated

Disaster Relief Lecture

Wednesday, October 20
Salisbury-based clinical psychologist Dr. Michael Finegan speaks on "Making a Difference: Clinical Psychology and Disaster Relief in the Developing World" at 7 p.m. in the Wicomico Room on Wednesday, Oct. 20. Admission is free; the public is invited. For information call 410-543-6271.

Indian Doll and Instrument Exhibit

Ongoing
The Indian Doll and Instrument exhibit in Blackwell Library runs until the end of the semester in December. Featured dolls are dressed in dance costumes, wedding attire and every-day outfits that are still a large part of Indian culture today. Featured instruments include two types of tabla, a harmonium, a guitar, and a tanpura. The dolls belong to Moushumi Chakraborty, of Access Services in Blackwell Library. For more information, call 410-543-6130.

Donate Hats and Gloves

Ongoing - Nov. 15

Phi Alpha Social Work Honor Society is sponsoring a drive for new or freshly laundered, gently used hats and gloves for the local homeless population. Drop-off boxes are available at the Social Work Department (TETC 254) and outside the Student Activities Office (GUC 125) 8 a.m.-5 p.m. Monday-Friday through Monday, Nov. 15. For more information contact Jessica Megary at j25160@gulls.salisbury.edu.

CLASSIFIED AD

FREE TO GOOD HOME. 2 M/F YORKIE PUPPIES FOR ADOPTION TO A LOVING HOME. CONTACT ME AT: jerry1988@live.com

Homecoming

Continued from Pg 1

"The feeling of winning is great, but the feeling of knowing that so many people support you and find you deserving of such a title is even more rewarding," St. Sime said. "I plan on staying involved, volunteering my time, mentoring, and serving as a positive role model."

At the event, The Untouchables performed to "Waka Waka" (This Time for Africa) by Shakira, the SU Step Squad performed, and Squawpella performed "Apologize," "Breakfast at Tiffany's," and "When Will I Be Loved."

Vice President of Diversity Breanna Nuñez said she felt the pageant went very well.

"We hope that the pageant will improve each year and stick with SU as a Homecoming tradition," Nuñez said. "The crowd had so much energy, and everyone on the court deserved to be there; they looked amazing."

For GullFactor, students were able to go around to different stations and test their taste buds with interesting cuisines. The event was led by SGA Speaker of the Senate Kristian Gregory-Lee along with the rest of the SGA senators. A rainy Thursday's Battle of the Bands and wing-eating contest had to be moved to the Wicomico Room, but this didn't stop these students from indulging in wings. The contest was run by Joe Esposito and Jared Kobilinsky.

The last night of Homecoming included a full evening of comedy with the SOAP-sponsored Comedy Fest. Nema Williams and Lav Luv visited to provide the crowd with an evening of laughter.

The next day, Oct. 16, alumni and current students enjoyed the Homecoming football game, which SU won 45-21. Meanwhile, several organizations set up tables with activities at the block party held right across Wayne Street at the intramural fields.

SGA Vice President of Public Relations Christian Fazzini noted the high volumes of students who attended the pep rally and pageant, especially

Career Services speaker preps students for interviews

Submitted by Courtney Dennis
Practicum Student at Career Services

On Oct. 11, Career Services held a workshop where Gregory Justice, Associate Professor of theatre at Virginia Tech, spoke about the interviewing process and how to make a memorable first impression on a potential employer. According to Justice, the interview does not start with the question and answer portion, but it starts the minute you know you have secured an interview.

He talked about how when someone knows he or she has an interview, the person should start preparing for it immediately. He or she should be sure to have the right attire and make sure that transportation plans are taken care of. The interviewee should also engage themselves in mock interviews with teachers, friends or family, and have

an updated resume. Career Services is also an important tool, he said.

"Looking at the website and meeting the personnel in the office, you have a very good career services program — use it," Justice said.

On the day of the interview there are a couple of components to remember. The first is the entrance and introductions.

Justice suggested to walk into the interview with confidence, eye contact, a medium-firm handshake and a smile.

"It makes such a difference when a human being enters a room with a smile," Justice said.

This can be hard to do because of nerves, but one thing Justice asked the audience to remember is that the employer is not the enemy. If he or she were not interested in the interviewee, they would not have set up an interview.

During the interview, the interviewee wants to stay in the "positive energy zone."

According to Justice, the interviewee should not cross his or her legs, because it looks like he or she has something to hide. The person should also not hold onto his or her knees or the arms of a chair because that will show that the person is nervous. He said it is best for the person to keep his or her hands in his or her lap, and he also suggested that the interviewee should not lean back in the chair, with the energy flowing toward the interviewee.

The interviewing process is more than just walking into a room and going through a series of questions and answers. It is an art: an art that can be perfected if the interviewee plans ahead and has confidence, eye contact, positive energy and a smile.

Perez

Continued from Pg. 1

He also said he enforces the U.S. Constitution and civil rights laws, which was fitting because his talk was in honor of Constitution Day. Perez's lecture was also part of October's Latino Heritage Month.

"I wish we didn't need a Civil Rights Division anymore," Perez said in an interview beforehand. "I'd like nothing more than to be out of a job. That would be a great blemish of our progress as a nation."

However, he explained to the audience why his department is still necessary, despite the progress made, with various examples of the kinds of cases he deals with.

One type, he said, is "discrimination with a smile" — discrimination relating to lending and fine print.

"Unscrupulous lenders... have used the coercive power of fine print to transform the American dream into the American nightmare for so many millions of Latinos and so many millions of African-Americans," Perez said.

Some cases are more violent. After Hurricane Katrina, an African-American was shot and then burned in a car by the police while he was only trying to get away from the flooding, Perez said.

He discussed how in a recently-closed case in Pennsylvania, someone was beat up simply for being Mexican.

Jacqueline Wilp, a senior who attended the lecture, said she didn't realize before his talk that civil rights was still so prevalent in today's society.

Her friend Natasia Thompson, also a senior, said it was good to raise awareness about these types of issues. She admitted that she's afraid to go to the South because she is an African-American.

Thompson said she stood out because of her race while playing lacrosse, especially when she was younger.

"We'll know we've come a long way when that's no longer the first thing people talk about," she said.

During the lecture, Perez talked about the government's role in immigration issues — more specifically the Arizona immigration law debate — using a football analogy that the U.S. is the quarterback in this situation.

Maria Diaz, president of the Organization of Latin American Students, and Michelle Esparza, who does public relations for OIAS, said they could relate to the comparison.

They both said they were surprised about some stories Perez shared.

"That was the most shocking, to see that just within one year how many hate crimes have been committed," Diaz said.

In his talk, Perez brought up cases unrelated to race, too — in one situation, a 15-year-old girl died in a

state mental health facility because she was not adequately treated.

Over time, Perez said, most groups have had to deal with discrimination. It's important for people to speak up, even if they aren't the ones being discriminated against, he said.

Perez provided homework for the audience members, suggesting that they write their obituaries to think about what kind of marks they are leaving on society. He also said he hopes students get involved in helping their communities.

After Perez's discussion, Dudley Esbach presented him with an honorary citation in appreciation of his work with civil rights.

Scott Jensen, who is now the assistant to the president for government and community relations at SU, has worked with Perez in the past.

"The most interesting thing [about the lecture] was that Tom hasn't changed, only the good work he's doing — it's just amazing to see it on such a large level," Jensen said.

The President's Office, the Institute for Public Affairs and Civic Engagement, the Fulton School of Liberal Arts and the Office of Diversity sponsored the event.

Ginie Lynch, managing director of PACE, said she felt that Perez did well connecting with the audience.

"I don't think we could have asked for anyone better," she said.

Crime Beat

10/09/10
9 a.m. - 7 p.m.
Suspicious Circumstances
Complainant reported receiving unwanted text messages. The case is under investigation.

10/09/10
5 p.m. - 7:15 p.m.
Suspicious Circumstances
Complainant reported receiving notes from an unknown person. The matter is related to another case which is currently under investigation.

10/17/10
7:13 p.m.

Attempted Burglary

A student reported an attempted burglary at her University Park Apartment. The student heard knocking at her apartment door, and then noticed a second individual tearing the screen of an open rear window. The student called the police and the men fled without gaining entry. The suspects were described as teenage African-American males (no further description). Anyone with information about this crime is asked to contact the Salisbury Police Department at (410)548-3165; or, the Salisbury University Police Department at (410)543-6222.

CLASSIFIED AD

ART STUDENTS AND ARTISTS WANTED

Earn extra money by selling your homework, originals and signed reproductions. Go to www.art4themasses.com - a new Baltimore based fine art website. No art work over \$500.

André Kole's World of Illusion

Illusion and reality collide in a magical and inspirational presentation you will remember as long as you live...

and perhaps even longer



Mon and Tue, Oct. 25 and 26 - 7:00 pm
Holloway Hall, \$3 SU students, \$10 others

GULL LIFE

Student Spotlight

Diana Mitchell is set to join Peace Corps after graduation

By Sarah Krauss
Staff Writer
Sk32822@gulls.salisbury.edu

Most college seniors are focused on finishing out their final year strong, applying for post-graduation jobs, and enjoying their last few months of freedom before being hurled into the harsh world of adulthood. However, things are a little different for SU senior Diana Mitchell.

She is joining the Peace Corps just two short months after graduation. As a dual major in sociology and international studies and the SOAP Lecture Chair and president of Sociology Club, Mitchell said she feels SU has equipped her with the tools she will need to excel in the Peace Corps.

Mitchell was drawn to Peace Corps because she has always enjoyed participating in community service and volunteering. She wants to be a part of something that will "globally

affect change and [help] the less fortunate."

"I want to help whatever way I can," she said.

Her assignment will be working with the Youth Development part of the Peace Corps somewhere in Asia.

Although she will not know her exact location until closer to departure, she will be spending two years and three months working with the Peace Corps starting July 2011. Mitchell is excited to work in Youth Development because it will allow her to "affect and change the lives of children."

Mitchell said the Peace Corps was a good fit for her because it "seems more volunteer oriented [as compared to similar organizations] and the benefits are greater."

While in Asia, she may be building schools, raising the infrastructure of schools, training teachers, or even teaching a class herself.

Mitchell felt particularly inspired by the book "Chinese



Diana Mitchell

Lessons: Five Classmates and the Story of the New China" by John Pomfret. In the book, the author spends four years in China.

Her friends and family have supported her throughout the way.

"My family is excited," she said. "My grandma is a little apprehensive, only because she is going to miss me. Everyone is supportive and excited at home and at school."

She said would like to complete a five-year plan with graduate school at Yale and a job with Amnesty International.

Mitchell gives some good advice to those with a similar dream: "chase after your dreams, no matter how impossible you think they are. Do what you love."

"Breast Week Ever" brings cancer awareness to SU

Colleges Against Cancer, Relay for Life team host events during National Breast Cancer Awareness Month

By Sarah Krauss
Staff Writer
Sk32822@gulls.salisbury.edu

Walking around campus during the month of October showcases just how lively SU is. Whether it's drinking a lager at Oktoberfest or cheering on the team at the Homecoming game, there are plenty of ways for students to get involved and show off their Sea Gull pride.

Perhaps one of the most important parts of being active in October is to raise awareness about breast cancer. SU is taking part in promoting health and breast safety in spirit of National Breast Cancer Awareness Month.

Colleges Against Cancer and the Relay for Life team are hosting the "Breast Week Ever, with Cop a Feel for Cancer," which runs until Friday, Oct. 22.

Relay for Life event co-chair Marshall Boyd said it is important for SU to pull on such events because "breast cancer is a leading killer of women. It is important to spread the word about getting mammograms, especially during college years when women should start to get them. We want to spread the awareness."

Maggie Sullivan, the other Relay co-chair, added that while more women are affected by breast cancer and it's thought of as a "pink" cause, it can

strike men, also. On Wednesday, Oct. 20, women and men can "Cop a Feel for Cancer" by learning how to perform self-examinations on dummies, and there will be shirts for \$7.

Students can get a pink stripe put in their hair on Thursday, Oct. 21. CAC and Relay encourage the campus community to wear pink Friday, Oct. 22. And that is only the beginning; the hosts promise more events during the week on the Facebook page for the event.

Sophomore Jeanette LeBaron feels particularly touched by the Breast Cancer awareness events going on around campus. LeBaron's grand-

mother was diagnosed with breast cancer, went through chemotherapy, and lost one of her breasts. Her grandmother is a survivor and has been cancer-free for the past four years.

"Breast cancer is a unique disease because it is popular to support [its prevention]," LeBaron said. "I appreciate the awareness. Everyone I know does something to support it."

LeBaron said she thinks the events that Salisbury is putting in correlation with breast cancer awareness are "very cool. It's a fun way to raise awareness for a serious disease."

LeBaron's friend Hillary Jardine, also a sophomore, agrees. She said she

plans on raising awareness by dying her hair pink and continuing to perform self-examinations for breast cancer.

Jardine thinks SU's involvement with breast cancer is "wonderful because it really brings awareness to young adults that may not take the disease as serious."

If You Go:
Wednesday Oct 20: Cop a Feel for Cancer, 10:30 a.m.-3 p.m., in the Pergola
Thursday Oct 21: Pink Stripe: Hooty breast, 10:30 a.m.-3 p.m., at Red Square
Friday Oct 22: Wear pink



unleash your fitness potential
Sport-specific training for soccer athletes

By Eric Buratt
Editorial Editor
Eb55419@gulls.salisbury.edu

Have you ever had the urge to train like an athlete? Regardless of your answer, you can definitely learn a lot from them. Athletes exhibit a tremendous amount of mental and physical toughness, which is necessary in life and when on the field. As a result, they maintain some of the strongest and leanest bodies in the world.

With the help of Matt Nein, Coach Jim Nestor and Coach Gerry DiBarotolo, I present to you the first installment of this series for the fall semester: sport-specific training for soccer athletes.



Movement patterns of soccer players

If you're going to practice the way you play, it makes sense to train in a similar fashion. Where do you begin, though? As with any training program, it's essential to first know where the athlete is coming from before identifying where they're headed. "A needs analysis for all teams is performed first to consider what the greatest physiological and metabolic demands are coming from on the field," Nein said. "Common injury

sites and other important considerations like speed and agility are also noted."

The results of this needs analysis are then broken down to form the optimal training program that's consistent with the movement patterns of soccer players. There's obviously a great deal of running and kicking involved on the field. Both aspects incorporate explosiveness into the soccer athlete. "It's just a matter of where on that explosive spectrum the [soccer player] fit," Nein said.

What's not so obvious is the strength needed in the posterior chain (back side) of soccer players to help facilitate those frontward-dominant movement patterns on the field. So for the SU Strength & Conditioning Program, "the focus is to create power from the hips," Nein said.

"The mechanics of running and kicking are strengthened while minimizing risk of injury on the back side."

What soccer coaches look for
In terms of being physically strong and prepared, soccer coaches essentially look for overall quickness. "We look for athletes that are quick (within 10 yards), who have longer distance 'speed' (over 20 yards), and who can withstand the challenge of holding off players (upper body and leg strength) as they battle for the ball," DiBarotolo said.

Quickness is broken down into speed and agility from the perspective of the women's soccer coach, who explains why the ability to hold off other players is incorporated into SU's Strength and Conditioning Program.

Dynamic Warm-Up (10 minutes)	Execution
Around the World Stretch	Both ways 2x
Walking Hip Flexor Long-Step Lunges	10 yard to-and-from
Alternating Walking Kick Toe-Touches	10 yard to
High Knees	10 yard from
Buttkickers	10 yard to
Super Mario Brothers	10 yard from
10-yard Backward Jog (35-40% max speed)	To
10-yard Frontward Jog (35-40% max speed)	From
10-yard Backward Run (75-80% max speed)	To
10-yard Frontward Run (75-80% max speed)	From
20-yard Backward Jog (35-40% max speed)	To
20-yard Frontward Jog (35-40% max speed)	From
20-yard Backward Run (75-80% max speed)	To
20-yard Frontward Run (75-80% max speed)	From
Explosive Burpees (Full Movement)	3 full repetitions

Workout (45-60 minutes)	4-6 Sets of
I. Barbell Complex (which movements after completion of each rep)	
A1. Single Leg Deadlift (substitute good morning)	5-8 reps
A2. Power Clean (from hang)	5-8 reps
II. Plyometric Chair (Lower Back Side) To Squat	
B1. Medictor Ball Reverse Inside-of-Fore Kicks Against Wall (Explosive)	6 reps
B2. DB Reverse Lunges	6 reps
B3. Hyperextensions	6 reps
III. Vertical Auto Upper Body Squat	
C1. DB Push-Press	5-8 reps
C2. Eccentric/Negative-only Pull-Up (substitute narrow grip lat pull-down machine)	5-8 reps
IV. Horizontal Auto Upper Body Squat	
D1. DB Bench Press (flat bench)	5-8 reps
D2. Inverted Row (supinated grip)	5-8 reps
V. Core Complex Squat	
E1. Floor Mountain Climbers	3 Sets of 10 seconds
E2. Push-Up Power Planks	10 seconds

brother is a soccer coach."

Undoubtedly, such explosive characteristics can only be developed over time. According to both coaches, how long those skills take to acquire is entirely dependent on the consistency and level of commitment by the player. In any case, the SU Strength & Conditioning Program becomes quite essential for increasing the soccer athlete's preparedness during game time.

"The SU Strength & Conditioning Program has been an outstanding resource for our players both during the season and throughout the off-season with training sessions," DiBarotolo said. "The rate of improvement in the strength and fitness of our players from their first to second year is directly related to the program developed by Matt Nein and the SU Strength & Conditioning Program."

"The strength of the player overall, particularly the cardio aspect, is coming

of season. So if your answer to my first question was "yes," here's your fix! Otherwise, I still encourage you to check out the training routine for ideas on how to spice up your own workout. Since visual media often helps explicate a thousand words, I've compiled a demonstration video of this warm-up and workout for your reference at <http://www.unleashyour-fitnesspotential.com/sports-specific-training-for-soccer-athletes>.

Nestor and DiBarotolo are the women's and men's soccer coaches, respectively, and Nein is the manager of facilities and fitness programs at SU, a strength and conditioning coach, and a CSCS® and SPARQ National Trainer. I'm a certified trainer as well.

So, if you have any questions, feel free to email any of us at JP-NESTOR@salisbury.edu, GRDIBARTOLO@salisbury.edu,

How to train like a soccer athlete

Homecoming 2010: Squawk This Way



Matt Goldman photo

In *GullFactor*, a *Fear Factor*-like gameshow, students have the chance to eat things that they normally wouldn't dream of eating. Risk-taking Gulls had the chance to participate on Oct. 13 in the Wicomico Room.



Photo submitted by Telecia Taylor

Dr. Janet Dudley-Eshbach gathers with SOAP officers Ryan King, Virlene Parker, Telecia Taylor, Christie Stone and Diana Mitchell at the Block Party.



Lura Herriman photo

Crowds of students painting up and wearing maroon and gold to show off their Gull pride filled the bleachers of Maggs Gym for the Pep Rally on Oct. 11.



Lura Herriman photo

Members of WXSU sport their pride for the 96.3 station and the Sea Gulls at the Pep Rally.



Leslie Davis photo

Host David Morse looks on as Christie Stone performs a song for her talent at the Homecoming Pageant on Tuesday.



Matt Goldman photo

Twister turns into a sticky situation in the Wicomico Room as *GullFactor* contestants slide around in different types of food while trying to keep their hands and feet on certain-colored dots. The game show event was held Oct. 13.



Dan Anderson photo

Pageant winners Pat Gotham and Jessica St. Sulme show off Sea Gull wear at the pageant on Oct. 12.



Erin Corcoran photo

Students donning their "Squawk This Way" Homecoming shirts enjoy Saturday's block party.



Lura Herriman photo

Squawkapella entertains the Homecoming Pageant audience with their music. The a capella SU group performed "Apologize," "Breakfast at Tiffany's," and "When Will I Be Loved."



Leslie Davis photo

Nema Williams gets the audience laughing with his jokes during SOAP's comedy fest on Oct. 15 in Holloway Hall auditorium.



Erin Corcoran photo

Getting into the Halloween spirit, students paint pumpkins at the Oct. 16 Block Party.



Erin Corcoran photo

Students can show off their musical skills during Battle of the Bands Oct. 14 in the Wicomico Room.



Dan Anderson photo

Homecoming king and queen, Pat Gotham and Jessica St. Sulme, pose together after being crowned at the Homecoming Pageant.



Matt Goldman photo

Though it wasn't officially part of Homecoming Week, these two students face off in a GUC Events Ping Pong tournament on Oct. 13 in the Fireside Lounge as other contestants scope out the competition.



Lura Herriman photo

Beat Ya Feet Kings dance to the beat of a song, pumping up the crowd at Monday's pep rally.



Matt Goldman photo

This contestant sticks her face into a mess of foods while bobbing for apples as part of *GullFactor* on Wednesday.



Pat Hackley photo

Nick Briggs from the band Rum Riley plays during Battle of the Bands on Oct. 14.



Erin Corcoran photo

The Perdue School of Business won the door decorating contest with decorations all around Caruthers.



Dan Anderson photo

Competitors take their shot at eating the largest amount of chicken wings during the wing-eating contest held on Oct. 13 in the Wicomico Room.



Submitted photo

Beat Ya Feet Kings from "America's Best Dance Crew" take a moment to pose with SOAP officers on Monday, kicking off Homecoming Week.

From the Photo Bank:

What's Happening On Campus



Leslie Davis photo

Members of the Ballet Folklorico "Queztalli" de Veracruz dance company perform in the Holloway Hall Auditorium on Oct. 17.



Jules Waxman photo

Joe Hill, Kristen Knight-Griffin, Michael Highducheck and Page Miller serve cotton candy to visitors at Oktoberfest on Oct. 13.



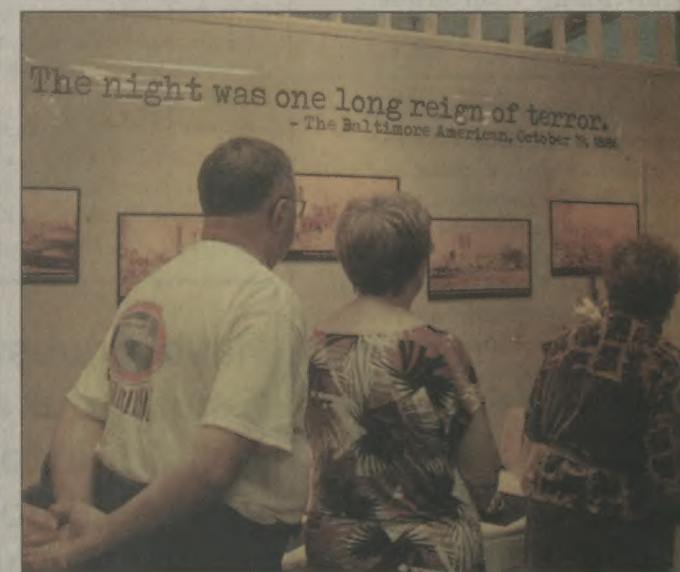
Pat Hackley photo

County Executive Rick Pollitt, who is running for re-election this November, meets with a student who attended the SU Dems' event on Oct. 12 in Henson Hall.



Beeta Nazemian photo

County Executive candidate Matt Maciarello speaks at an SU College Republicans meeting.



Adrienne Price photo

Community members gather for the opening of the Firefest exhibit, which had artifacts and displays about the 1886 fire.

Overheard: "Jersey Shore" has GTL. What does the Eastern Shore have?

Photos and article by Kelly Mundie and Adrienne Price



"I think that 'Jersey Shore' is not a positive message for upcoming students."

- Kristian Gregory-Lee, junior



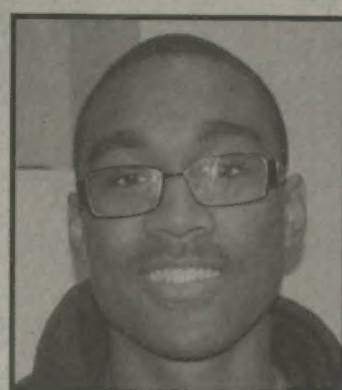
"Crabs, Old Bay, Secrets."

-Kim Treacy, junior



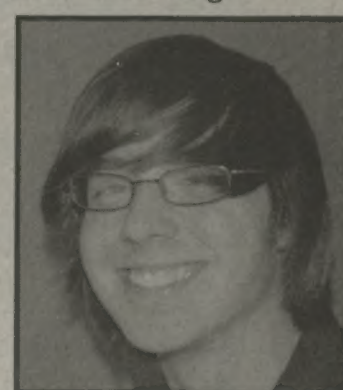
"Pregame, Party, Taco Bell."

-Magen Spear, junior



"Football, Drinking, Partying."

-Dialo Flucas, freshman



"Crabcakes and Football."

-James Rome, freshman

NEW THIS YEAR! How would you answer this question? Text your answer, along with your full name and year, to 646-535-NEWS (6397) for the chance to be featured on our blog!

The Flyer

Salisbury University's Student Voice
Phone: 410-543-6191
Fax: 410-677-5359
flyer@gulls.salisbury.edu
Salisbury University
Salisbury, MD 21801

Vanessa Junkin
Editor in Chief

Adrienne Price
Monique Jones
Graphic Design

Leah Cox
Kelly Pahl
Layout

News Editor Diana Dwyer
dd15629@gulls.salisbury.edu

Gull Life Rachael Stone
Editor
rs60914@gulls.salisbury.edu

Editorial Eric Buratty
Editor
eb55419@gulls.salisbury.edu

Sports Editor Alexis Howard
ah48115@gulls.salisbury.edu

Advertising Kristen Eitel
Manager
sejferade@gmail.com, flyerads@gulls.salisbury.edu
Photography Adrienne Price
Editor
ap27538@gulls.salisbury.edu

Copy Editor Kelly Mundie

Photographers Dan Anderson
Erin Corcoran
Leslie Davis
David Dragovich
Matt Goldman
Pat Hackley
Lura Herriman
Beta Nazemian
Justin Odendhal
Jules Waxman

Staff Writers Ajia Allen
Andrew Bell
Amanda Biederman
Chelsea Bope
Aaron C. Bruce
Mary Capper
Evan Clifton
Patrick Drengwitz
Chris Franklin
Mia Gilstrap
Kaycie Goddard
Pete Hicks
Kristina Jackereas
Sarah Krauss
Melanie McAuley
Joe Michalski
Matthew Miller
Kayla Smith
Erin Traylor
Greg Weston
Jamyla Williams
Jalissa Worthy

Advertising Jim Stracke
Staff

Editorial Policy: Letters are welcomed and ENCOURAGED. Please include your name and your class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wed. at 5 p.m. Please e-mail letters to flyer@gulls.salisbury.edu.

Have you seen yourself in The Flyer? Stop by GUC 215 Monday - Thursday 8:30 a.m. to 3:30 p.m. with your flashdrive and we'll give you your pictures free of charge!

Try our new text line! Text comments, questions or story tips to 646-535-NEWS (6397).

Old school vs. new school academics

Online learning strikes out

By Pete Hicks
Staff Writer
Ph23698@gulls.salisbury.edu

There's an obvious shift occurring in the way classes are taught through national college institutions. The former method of attending classes and reading textbooks is becoming redefined into online style classes that incorporate eBook technology. But why is this shift happening? In my humble opinion, this change isn't very beneficial.

Whenever I go online, I don't expect to learn. The moment I sit down in front of a computer, I'm already geared to Facebook, YouTube, and Texts From Last Night. I'm waiting to be entertained—not taught. So when I have to go and view an online lecture, do interactive FlashPlayer activities, or read an eBook, I'm already at a disadvantage.

Being in class has its advantages because for the most part, teachers can keep the majority of your attention focused on them without external distractions. In the enormous Internet world, there are many things that can draw you away from your work in an instant. How many students can honestly say that the last time they did any learning online they didn't take at least one Facebook break? Not many at all. That's one strike.

Staring at a computer screen for hours can also dull your focus. Read-

ing a long and dry textbook isn't exactly easy, but the fact that you have to shift positions to properly read and turn the page continually keeps you grounded in your studies. When you have assigned textbook reading material and can see an actual, physical end point to the reading, that gives you some motivation. Therefore, reading a real book becomes much more valuable than online material.

An online book, though easier to obtain, is just mind-numbing. Let's face it. You're staring at words with a gentle glow while facing forward and pressing a button or clicking a mouse the entire time. This makes you fall into a stupor. Once you're done reading, you realize that all the time you just spent was wasted because you don't remember a thing. Strike two against online learning.

Last but not least, there's a lack of personal interaction when you learn online. When you have a quick question, who is watching if you raise your hand? If you are confused by a test or an assignment, who do you talk to? What classmates do you have to bond and study with? What do you have to make you feel like you're in an actual learning environment? The answer appears to be nothing on all accounts. That's strike three against online learning. Please excuse the baseball analogy, but I believe this means that online learning has struck out.

Thanksgiving is the "feast" of semester breaks

By Jalissa Worthy
Staff Writer
Jw15362@gulls.salisbury.edu

Once the stresses of tests and papers begin to kick into full gear, there's nothing students look forward to more than the closest holiday break. Beyond physical fatigue from late study sessions, managing a full course load can be mentally exhausting as well. This leaves students in great anticipation of relaxation, which means spending time with family and friends. Over the duration of the semester, holidays provide students the opportunity to withdraw from campus life and become rejuvenated, so they can continue their studies strong.

The first holiday of the semester is one we have all looked forward to every year since kindergarten. That's Halloween. While there are no campus closings due to the holiday festivities, students begin to plan weeks ahead of time. For example, sophomore Megan Ramos can't get enough of Halloween activities.

"I get hyped for Halloween every year. It's fun to be able to dress up, go out, and not have to worry about anything, or people judging you," Ramos said.

Even though classes will soon resume, textbooks and calculators are thrown out of sight, so students can step outside of their daily lives and be whoever or whatever they wish to be. Halloween thus provides a much needed mental vacation and symbolizes a great start to a perfect

meal.

After the appetizer has settled, it's time for the most filling portion of the meal. Thanksgiving is the main dish for students. Senior Tylisha Deshields is grateful for the time off.

"Since you've been away from home for so many weeks it's awesome to be home, and spend such a special time with family over great food," Deshields said.

While Thanksgiving break is a short break, the holiday still ends with students full of life and energy. Students return to school prepared to finish the semester out strong.

The final break during winter is indeed a sweet relief. Winter break allows students the time to be completely free of school for the extent of a month-and-a-half. This treat is often the most favorable to students because of the freedom to go on vacations with family, or just hang out with friends before returning for the spring semester. Senior Stacey Williams is already counting the days.

"I look forward to it before the semester starts because I know I'm going to need it!" Williams said. Well, who doesn't love dessert?

Breaks are an imperative segment of semesters at college. We all need that time to regroup, and mentally refresh ourselves. So when the next holiday rolls around, remember to full advantage of it and enjoy it. There's no better way to reward a job well done than with a sweet vacation!

Ms. Advice
Relationship boundaries

Last night I received a text from my friend on the West Coast. "I need you," the text reads. It's 2:30 a.m. my time. I'm half asleep, and I have a decision to make. Do I call her, or do I tell her I have three exams in the morning and can't talk? I went with the latter, telling myself this was the better choice.

Ten minutes later, I'm practically wide awake and decide to call her. While I'm recommending to you that the former option would be the way to go, sacrifice is sometimes necessary for friendship. Time management with friendships is a difficult task to sail in school.

How do we balance friendships with exams? Or how about with family and friends back home who seem to have all the time in the world and don't understand why we don't? These are delicate times, and decisions need to be made before we go crazy.

I only called my friend because I ended up being awake. But sometimes, even when your friend is in a crisis, your life factors into the situation. If you have tests and will be going on four hours sleep, the best idea is to choose sleep. We have the tendency to think that if we say no, we are letting people down or that we are selfish.

In general, if you are there for your friends, and don't make it all about you whenever you talk, it's ok to say no when you need to. When saying no, make sure you explain why. However, not everyone

will have an understanding response in situations wherein you say no. Some people may use words to make you feel guilty, and some will manipulate to get their way.

Beware of people like this, as they tend to take more than give in their relationships. They know you won't ever say no, and they take advantage of that. This doesn't make you a good friend; it makes you an enabler. Sometimes the loving thing to do is say no.

This can be even more difficult in a romantic relationship. One partner inevitably has more time than the other, or they need your physical presence more than you need theirs. It's important to personally discuss what your expectations and boundaries are. After that, it's a matter of sticking to your words.

If you tell your friends, family, or significant other what your boundaries are, they aren't going to believe you unless you put the boundaries into action.

It's also important to keep in mind that you may be the person who makes your friends feel stressed. Ask your friends if any of your actions need to change in the relationship. Both of your needs should be met in any mutual relationship.

I'm here to help you! Please e-mail me at gullgirlnextdoor@gmail.com with a subject line of "Requests to Ms. Advice" for your questions. Thanks!

-The Girl Next Door

Have a question for Ms. Advice?
E-mail your anonymous questions to gullgirlnextdoor@gmail.com or put your questions in the large envelope tacked to The Flyer bulletin board outside of The Flyer office, GUC 215.

~SUDOKU~
THIS WEEK'S PUZZLE:

	9		3		5		4	
5		8		9		2		3
		2	9		8	6		
3			6	1		3	7	
	7	3		4		5		1
	8		5		9		6	

LAST WEEK'S ANSWER:

8	5	6	7	9	2	4	3	1
9	4	2	1	6	3	5	8	7
7	3	1	4	8	5	2	9	6
5	1	7	6	3	4	8	2	9
4	8	3	2	1	9	7	6	5
6	2	9	5	7	8	3	1	4
2	6	5	3	4	1	9	7	8
3	7	8	9	5	6	1	4	2
1	9	4	8	2	7	6	5	3

Free downloads: popular and becoming more common

By Ajia Allen
Staff Writer
Aa75530@gulls.salisbury.edu

Who doesn't love music? Through personal experience, I can say that I've never met someone who doesn't enjoy listening to some form of music. There are various music styles, ranging from neo-soul to square dancing country tunes. It's as if there's a genre of music for the personality of every individual. While music as an art is enjoyed by everyone,

that's not all people have in common.

People also seem to enjoy the idea of getting virtually anything for free. With the economy being in an undesirable state, it seems people wish to gain any necessity or luxury free of expense, leaving a little extra cash in their pockets and more time to download music online.

What could be better than being able to download your favorite song onto an iPod, MP3, your computer, etc. without hav-

ing to pay for it? This seems like a priceless luxury that ought to be completely moral and legal. Well, in some cases, it's not.

While the idea of downloading free music is quite desirable and convenient for today's on-the-go lifestyle, new millennium youth, there's still question about music artists. Don't our constant free downloads take pennies out of their pockets?

Though pennies may seem like an insignificant loss, they do add up over time. After enough free

downloads are chosen over a purchased CD or buying the music off a consumer website, the artist may barely be making a decent living.

Obviously, most of the famous artists in the music industry that we've heard of are not living all that bad to say the least. But this is only right now. With the rate of free downloads being used now, CDs will eventually become completely scarce.

Once people get used to paying for their music, they will really be

able to appreciate the value of a dollar, along with the hard work and long hours it takes to make one song or the essence of music itself.

At this current time who is to say what will become of buying music. It may never become scarce because of the application of law.

However, as time slowly rolls by, it is very possible that free music downloads will be 100 times more dominant within the industry. But honestly, what consumer will complain?

Pakistani situation still dire

By Mike Gibb
Staff Writer
Mg81465@gulls.salisbury.edu

Pakistan's worst disaster in history began in July 2010 and has only become progressively worse. This disaster is something Maurizio Giuliano—spokesman of the U.N. Office for the Coordination of Humanitarian Affairs—declared worse than the 2004 Indian Ocean tsunami, the 2005 Kashmir earthquake and the 2010 Haiti earthquake combined. And it doesn't stop with natural disasters.

Over 13 million people throughout Pakistan's provinces have been affected. With an aggregate impact on larger European states like Greece and Italy and more rainfall to come, hope seems very far away. The existence of a society that contributed greatly to the world's cultural and scientific achievements could potentially come into question.

During the Dark and Middle Ages, the Islamic Golden Age flourished. The area that is now Pakistan served as an important crossroad for the Silk Road trade route, especially in the medieval period. This society flourished.

While Europe was in a state of constant warfare and strife, Arab scholars were rescuing the work of Greek and Roman antiquity. Numerous scientists and philosophers who contributed to this era resided in the very area of Pakistan.

After the fall of the Ottoman Empire and Pakistan's sovereignty claim from British rule in 1947, the newly independent state began to flourish yet again. Throughout the twentieth century, a new age of Pakistani intellectuals began to emerge. Names such as Muhammad Iqbal, Hasan Askari, Abdus Salam and Pervez Hoodbhoy gained international recognition, which allowed Pakistan to have a scientific and cultural presence in the global community.

Due to the volatile political situation in Pakistan, these achievements have slowly been deteriorating. In physics, their presence is declining, producing less published material than countries like India and Brazil. While this tense setting persisted, the earthquake of 2005 and the flood of 2010 have quashed much hope about the bright future for Pakistan.

Currently, flooding is still ravaging the country. Millions of dollars in property damage have been washed away, and waterborne diseases could infect countless more. Life is no longer about self-actualization as much as merely surviving now. As if the struggle was not great enough, surviving through the upcoming winter months will be quite the achievement for most Pakistanis. Millions will be left defenseless and hungry if action is not taken soon.

This week, the Muslim Student Association, which I'm a member of, asks you stop by our informational booth outside of The Commons. Not only will it help you further understand the catastrophe, you'll be able to see through visual media the struggle of these people first-hand. From now until Friday, Oct. 22, we'll be there during evening hours on Wednesday and lunchtime hours every other day. Donations will also be collected in order to provide Pakistanis with winter clothing and water purification systems. A single dollar could potentially provide a child with a winter hat or pair of gloves. The future of Pakistani society therefore does not rest solely in the hands of their residents; it's also in ours.

*The Associated Press (2010, August 9th). U.N. declares Pakistan floods the worst natural disaster ever as number of people affected hits 13M. *New York Daily News*. Retrieved from http://www.nydailynews.com/news/world/2010/08/09/2010-08-09_un_declarer_pakistan_floods_the_worst_natural_disaster_ever_as_number_of_people.html

CHECK OUT
OUR BLOG

<http://www.sullyerblog.blogspot.com>

Add us as a friend
on FACEBOOK



DON'T
BE A
NUT-
HEAD....

Remember Your
Advising Appointment!

Advising Appointments are Oct. 18-29

YOU CANNOT PRE-REGISTER
WITHOUT SEEING YOUR ADVISOR

Purdue pre-professional students sign up online for group scheduling sessions
Fulton, Henson, Seidel, and Undecided students check with your advisor to determine how you should sign up for an appointment (online, on office door, etc.)

NATIONAL CAMPUS
SUSTAINABILITY DAY

GOING GREEN LUNCH

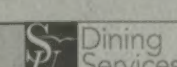
WEDNESDAY,
OCTOBER 20
11 a.m.-2:30 p.m.
In The Bistro

Cajun Pasta with Scallops
Lentil Chili
Beef Fried Rice
Eggplant Parmesan
Lemon Pasta
Italian Spinach
Cornbread
Corn & Edamame Medley
Whole Wheat Loaves
Vegan Chocolate Cake with Raspberry Sauce
Fresh Fruit

Take It & Plate It!
Try Going Trayless Today!

Going trayless saves energy, conserves water (1/3-1/2 gallon per tray) and reduces the amount of food wasted.

410-543-6105 • www.salisbury.edu/dining



CUSTOM PRINTING ON SHIRTS
•HATS•SWEATS•BAGS•FLAGS
We also offer a FULL LINE
of Promotional Products
317 Park Heights Ave. Salisbury, MD
410-219-5800
www.purplepony.com

ACOUSTIC
MUSIC

[Featuring]
Naylor Mill & Vanity
Alternative/Rock/Indie
Acoustic/Rock/Folk
Performing originals and cover songs.
[7-9 p.m. • Cool Beans]

Cherokee
LANES

SPECIALS
Monday, Tuesday, Wednesday & Thursday
College Nights
w/ valid college ID 50 cents off game price
\$1.50 Natural Light Drafts after 9 p.m.
Valid college ID and Driver's License required

FRIDAY & Saturday
Night Glow Bowl
Friday 9:30pm to close; Saturday 7 pm to close

SUNDAY
Color Pin Bowl
Free game with strike on Color Pin
after League Bowling

Call or stop by for open bowling

Cherokee Lanes
1524 S. Salisbury Blvd.
(410) 742-3030

Men's Soccer outsmarts UMW

By Alexis Howard
Sports Editor
Ah48115@gulls.salisbury.edu

Despite the windy conditions for Homecoming weekend, the Salisbury University men's soccer team (12-1-3, 6-1 CAC) captured a crucial 3-0 victory over the University of Maryland Eastern Shore. The Gulls have tallied a total of 10 shutouts this season.

The strong winds played a factor in both teams' strategies to keep the ball on the ground. In the 32nd minute, senior defender Casey Rector had a risky opportunity off a corner kick when he attempted a header shot that was blocked by an Eagle defender. The Gulls attempted to score again when sophomore midfielder Jimmy Mundy's pounce on Rector's deflected shot was aimed towards the bottom left corner of the goal. Mundy's shot was blocked by another UMW defender. By halftime, the Gulls had an 8-3 shots advantage over the Eagles and three corner kicks.

By the second half, both teams came back to the field with a strong determination to score. The defining moment for Salisbury came in the 56th minute, when sophomore midfielder Pat Callahan hurled the ball to junior forward Stafford Chipungu, as his shot was on frame and deflected in by Mary Washington's goalkeeper.

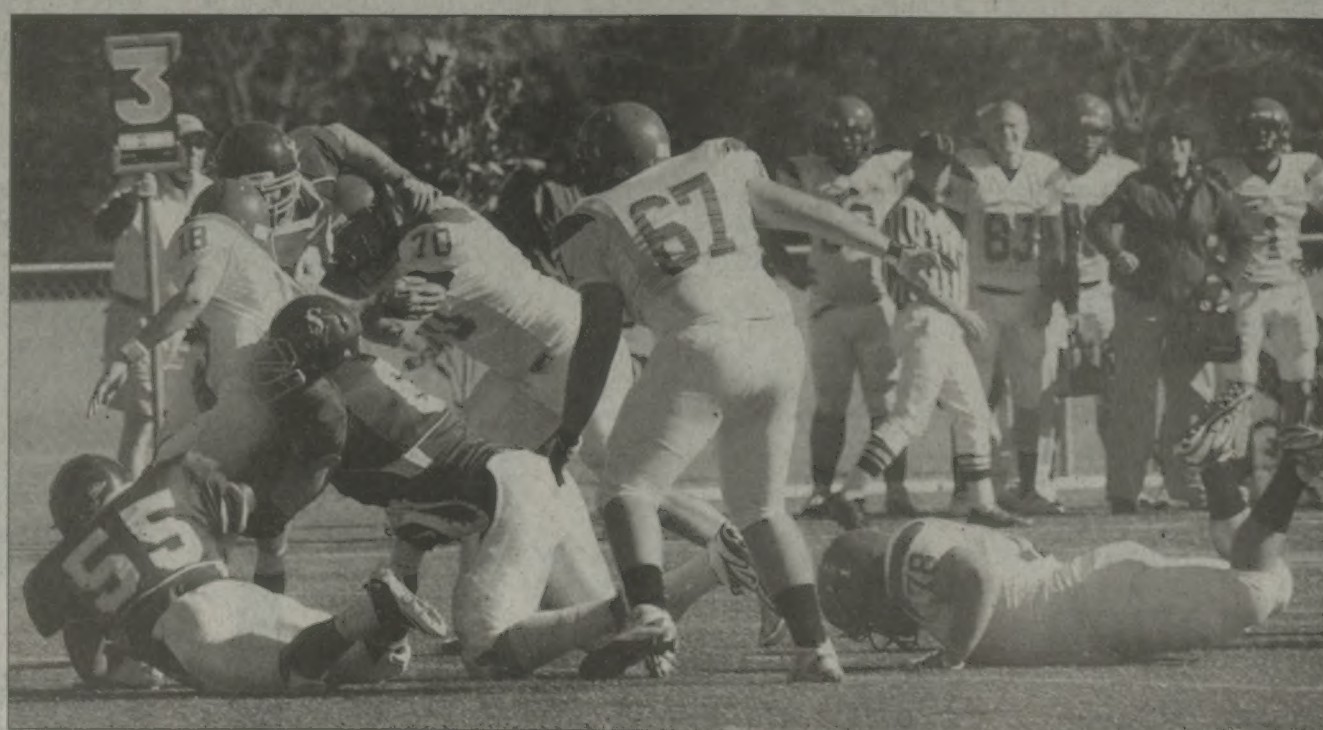
"It was awesome," said Chipungu, as he was able to give his team a vital 1-0 lead. Within the next five minutes, senior forward Mike Napolitano was fouled in the 18-yard box to earn a

penalty-kick. He came through for his team as his shot found its way to the back of the net. This was Napolitano's team-leading eighth goal of the season.

The Sea Gulls finished out their scoring run in the 83rd minute of the game. Senior defender Justin Lambert sent a cross to the back post of the goal as junior forward Ian Wilson headed the ball into the top right corner. By the end of the day, SU held a 19-4 shots advantage and had seven corner kicks as opposed to just two for UMW. Sophomore goalkeeper John Vnenchak earned himself another win and finished with one save.

"We played great today. This was a big game for us. Everybody from the defense and up played great," Vnenchak said. As a team, we dominated the play. The next game we have a whole week to prepare for. It's a team that's pretty big rival for us [York], basically whoever wins this game is going to be the No. 1 seed in the CAC. It's a game we all know that we have to win and I think we're all going to be ready for it.

The Gulls will match up against CAC rival York College on Saturday, Oct. 23 at 2 p.m. The team that wins will have the upper-hand to gain home-field advantage for the upcoming CAC tournament. "York is a very good team. I think we're going to have to play a really good game and be mentally ready to accept the challenge," said head coach Gerry DiBarolo. "I anticipate next Saturday's game to be just a classic game between two good teams."



Erin Corcoran photo

Senior offensive lineman Dion Bowen tries to secure the football from his Huntingdon opponent. Bowen finished the game with nine tackles. The Sea Gulls defeated the Hawks during their Homecoming game 45-21.

Football wins big at Homecoming game

By Patrick Drengwitz
Staff Writer
Pd07048@gulls.salisbury.edu

The day was doubly sweet for head coach Sherman Wood on Oct. 16, as his football squad picked up a terrific 45-21 Homecoming game win against the Huntingdon, Alabama Hawks. This win was also Coach Wood's 100th career win. The Sea Gulls outplayed and outran the Hawks in virtually every aspect of the game, allowing them to win their tenth consecutive Homecoming game, and in quite dominating fashion.

At the end of the first quarter, a score of 14-0 in favor of the Sea Gulls set the tone for the dominance that Salisbury would maintain over Huntingdon. Salisbury had an incredible 132 rushing yards in the first quarter alone, compared to Huntingdon's one. Salisbury's defensive line looked more like a brick wall and the Hawks simply could not penetrate that blockade.

However, within the first five minutes of the second quarter, Salisbury

had forfeited their lead and allowed two Hawk touchdowns and a tie game.

"We needed to eliminate the defensive mistakes and the offense needed to score again," said sophomore Christian Emezie of the sudden Hawk scoring flurry.

The Sea Gulls were able to keep from being rattled by the touchdowns and scored two more touchdowns of their own, with one of the extra point kicks missed, to give themselves a lead of 27-14 by halftime.

Coach Wood was asked how the team recovered from the quick scores of the Hawks.

"We needed to be patient, poised, and we knew they had an explosive offense. Once we saw their playbook, we knew there was not much else they could do and we were fine from there," Wood said.

Come third quarter, the only excitement came on a Hawk fumble of the ball in the end zone which was recovered by Salisbury and gave them a two-point safety. Salisbury did not score on the following drive and the third quarter ended with a score of

29-14 in favor of Salisbury. Huntingdon would only see the end zone one more time, while Salisbury came back quite often adding 16 more points to the team's total, including a field by A.J. Rosenthal, ending the game with a commanding 45-21 win.

Highlight performances came from several Sea Gulls, including sophomore quarterback Dan Griffin, who ran and passed for a combined for 250 yards. Griffin also scored an exceptional four touchdowns, including one on a seventy-nine yard run. Junior Randal Sinedley also brought some power to the running game, coming up one yard shy of a 100-yard game and also ran for a touchdown. Sophomore Brandon Norwood left his mark on the Homecoming win, scoring a touchdown and amassing over a 12-yard average per rush. The Gulls also made good use of their possession, scoring on seven of their nine drives, six of those being touchdowns.

The Sea Gulls' next home matchup will be on Saturday, Oct. 30 when they take on conference rival Wesley College at 1 p.m.



Adrienne Price photo

Outside/Middle Hitter Kelly Vieira and Setter/Right Side Hitter Carley Todd back up their teammate on a block during the SU Tournament on Oct. 17. The Gulls won the tournament after defeating Stockton and Nazareth.

Volleyball drops tough match to Cortland State

By Evan Clifton
Staff Writer
Ec16912@gulls.salisbury.edu

The Salisbury women's volleyball team (16-10, 3-2 CAC) opened its home tournament play with a 3-1 win over Central (Iowa) College, by the scores of 25-14, 25-11, 23-25, and 25-23.

However, SU could not continue its winning ways against Cortland State University (22-6), dropping a close match 24-26, 14-25, and 24-26.

The Sea Gulls came out firing in the first set, opening with a 4-0 run and continued their solid play to a 9-3 advantage. Cortland quickly responded, pushing the match all square at 14-14 just after a Sea Gull timeout.

Behind star outside hitter Ashley Coyle, Cortland looked to overpower SU with their hard hitting. SU countered using some excellent blocks and well-placed tipping to counter Cortland's aggressive play, forcing Cortland to call a timeout with SU ahead 22-20.

A couple of blocks by sophomore Chelsea Glowacki gave the Gulls a chance to win the first set, as they led 24-20. However, Cortland fought back using great serving and a couple of hard kills to win the final six points and took the first set 24-26.

Cortland started the second set winning the first three points. SU quickly tied the set at 4-4 as they began trading points with Cortland. A string of controversial fouls put the Sea Gulls in an early hole, including an inexplicable screening call that had fans in disbelief, but sophomore Carley Todd responded with a devastating kill that landed at the 10-foot line.

Todd continued her excellent play this season with 15 assists and nine kills. Todd attributes her success to her positive attitude.

"Coach always tells us to stay positive...I try to have fun out there; that's probably why I'm smiling all the time," Todd said.

Just as it seemed the Gulls had regrouped from the controversial calls, Cortland turned up the in-

tensity and forced SU into committing a couple of errors. Meanwhile, Cortland ran away with the set 14-25.

SU played from behind for most of the third set, finding themselves down 21-24. A big service ace by freshman Jacki Kaluzny helped the Sea Gulls win the next three points, tying it up at 24-24. Yet, Cortland's firepower proved too much as they won the final two points to take the third and final set.

Coach Margie Knight noted that no one on her team complained about calls but does believe that this match will be a valuable learning experience.

"We just have to focus on controlling what we can control and hit some better [kills] and blocks.... [this match] will help prepare us for the conference tournament and that's the point of playing tough teams," said Knight.

The team's next home match will be on Oct. 21 at 7 p.m. against Stevenson University.

Athlete Spotlight

Chris Barnard



Chris Barnard

By Matthew Miller
Staff Writer
Mm55971@gulls.salisbury.edu

This week's Athlete Spotlight features senior cross country runner Chris Barnard. Barnard was recently named CAC Men's Cross Country Athlete of the Week for his 5th place performance at the Don Cathcart Invitational, completing the 8k course in a time of 25:21, and leading his team to a second place finish. This was Barnard's second CAC Athlete of the Week Award on the season and fourth overall in his career. He continued his successes this past weekend running a time of 26:15 at the Gettysburg Invitational, and leading his team to a 3rd place finish. Following the race the Olney, Md., native sat down with The Flyer to answer a few questions.

How did you get into running cross country?

"I started back in my freshman year of high school. I had intended to play soccer, but apparently planning your family vacation in the middle of soccer tryouts doesn't get you on the team, so I decided to run and have been with it ever since."

What are your goals for this season?

"For the season I would love to see the guys' team make it to nationals because that would be the first time it's ever happened, so that would be really nice. I'm also hoping we can pull out another CAC Championship."

You were recently named CAC Cross Country Athlete of the Week for the fourth time in your career. How did that feel?

"I felt pretty good about that, it's always nice to be recognized every

once in a while."

How do you feel about this year's freshman class of runners?

"I feel it's an impressive group of young lads and it will be interesting to see how they progress over the next four years."

How many miles do you typically run in a week?

"I usually leave it up to Coach Jones, but so far this year I have been running around 70 miles a week."

What is your major?

"I'm majoring in math and computer science, with minors in psychology and accounting."

When you're not running, what do you like to do for fun?

"I like to just relax, read for leisure, go to the movies, just typical stuff. I also spend a lot of time with my right hand man John Fitzgerald."

What are your plans for after college?

"I haven't quite thought that far ahead, probably either working or graduate school. I definitely still want to try and run, if I end up staying at Salisbury and going to graduate school I still have some eligibility I would like to use."

If one actor was to play you in a movie, who would it be and why?

"Wesley Snipes because of the uncanny resemblance the two of us have."

What are you planning on dressing up as for Halloween?

"Haven't definitively figured that out yet. I have a couple ideas I'm still throwing around, so you will just have to wait and see."

Women's soccer scores and wins against Wesley

Next on the schedule for Gulls is CAC foe Frostburg State

By Greg Weston
Staff Writer
Gw16826@gulls.salisbury.edu

The Salisbury women's soccer team (7-8, 5-2 CAC) won their game with seemingly relative ease on Oct. 13 against Wesley College with a score of 3-1.

"We needed that one," said head coach Jim Nestor. "Overall, we did what we needed to do."

The girls bombarded Wesley with 14 shots on goal and 24 in total. In response to those shots, Wesley could only manage four shots on goal and six in total. Freshman goalkeeper Lauren West looked dominant between the posts, only allowing the lone goal which was scored late in the game.

Wesley has not beaten Salisbury in their past 11 contests. Before the Wesley goal, the Sea Gulls had scored 24 unanswered goals in those 11 contests.

"They might not have the best record," Nestor said about Wesley. "But they fought hard until the final whistle."

Wesley was on an eight game losing streak before Salisbury, and this loss put them at nine.

"We're improving [as a team] more and more as the season goes on," said SU sophomore midfielder Casey Hafford. "Realistically, I expect us to make the playoffs, hope-

"Our overall communication is good; we just need to demand the ball from each other a little more and eliminate the opposition's breakaways."

Erin Mooney
Defensive Midfielder

fully win the CAC championship, and get a NCAA berth." Hafford had an excellent game,



Justin Odenhal photo

Sophomore forward Jessica Robinson dribbles the ball past her Wesley opponents. The Sea Gulls won their game against the Wolverines on Oct. 13 with a score of 3-1.

with three shots on goal, four shots in total, an assist, and her first goal of the season coming in the 24th minute. The goal was the result of a curved shot taken from the 18-yard box that bent into the bottom left corner of the net. The shot came from her left foot, the weaker of the two.

The season is winding down with only four regular season matches remaining. They will face Frostburg at home on Saturday, Oct. 23 at

noon and that contest seems to be the most crucial.

"They're a very good team," Nestor said. "And that game's going to be a big factor as to which team gets which seed in the CAC tournament...we need to win that one."

"Our overall communication is good; we just need to demand the ball from each other a little more and eliminate the opposition's breakaways," said sophomore defensive midfielder Erin Mooney.

"But when we work together, we really click...we just can't afford to play down to another team's level."

As well as the other defenders, Mooney held her ground on defense and even showed her attacking tendencies with a shot on goal.

This win improved the Sea Gulls' record to 4-2 in the CAC division, and bumped their overall record to 6-8. The girls are tied for second place in the division with Frostburg.

Still Need A Book?

For the best selection of used books, shop now!

Many used books will be returned to their sources after mid-terms so stop by the Bookstore today!



We deliver your tools for higher education.

Fall & Spring Semester Hours:
M-Th: 8:30 a.m.-6 p.m., F: 8:30 a.m.-4 p.m.
410-543-6085 • bookstore.salisbury.edu

bookstore

Salisbury UNIVERSITY

Enter To Win Our Pumpkin Carving Contest



How To Enter: Stop by the Bookstore to pick up a carveable foam pumpkin (while supplies last). Return your carved or decorated pumpkin to the Bookstore by October 22.

Pumpkins will be displayed in the Bookstore windows and will be judged by students, faculty, staff & visitors.

1st, 2nd & 3rd place prizes will be awarded on Friday, October 29.

Contest open to SU students only.

bookstore

Salisbury UNIVERSITY

ADAM'S THE PLACE FOR RIBS RIBS

WEEKLY SPECIALS

TUESDAY TEAM TRIVIA NIGHT (TTN) Games Start at 7:15pm Win a \$50 Gift Card for First Place!!!!	WEDNESDAY RIB NIGHT - \$10 BBQ Ribs with Fries and Slaw \$3 Craft and Import Bottles
STEAK NIGHT - \$10 8 oz. NY Strip with Baked Potato and Salad \$5 Flight of Craft Beer \$3 House Wine	THURSDAY FIESTA NIGHT Live Music with Alex and Shiloh (starting at 7:30) \$5 Appetizer Night \$3 Margaritas and Coronas \$10 Fajitas

FRIDAY & SATURDAY
Live Acoustic Entertainment
 Entertainment Schedule on the Web: www.adamsribsfruitland.com

ALUMNI OWNED AND OPERATED • WE ACCEPT THE GULL CARD

Free Ribs on your Birthday if you are a fan of Adams Ribs Fruitland on FACEBOOK

facebook

219 N. Fruitland Blvd. Fruitland, MD 21826
 Tel: 410-749-6961 • www.adamsribsfruitland.com

Vote on The Flyer's sports poll at: www.suflyerblog.blogspot.com

Which Homecoming sporting events did you attend?

- Football
- Men's Soccer
- Women's Soccer
- Volleyball

Volleyball earns crown in SU Tournament

Next on schedule is "Digs for Dogs"

From SUSeaGulls.com

SALISBURY, Md. – The Salisbury University volleyball team finished the SU Tournament with victories in both of its matches on Oct. 17. The team was crowned tournament champion with a 3-1 overall record for the weekend. The Sea Gulls defeated Richard Stockton 3-0 in the first match, 25-20, 25-21 and 25-21, before taking down Nazareth College 3-0, as well. The final scores were 25-20, 25-14 and 25-17.

Salisbury started the day against Richard Stockton with a back-and-forth match. The Sea Gulls were led by sophomore setter Carley Todd who finished the match with 13 kills and 13 assists. Junior setter Lindsey Saltzman added 18 assists.

Sophomore right side hitter Jenna Shay sealed the match for the Sea Gulls as she accounted for the last three kills in the third set. She had a total of five kills in the set and nine kills in the match. Senior libero Melissa Stansbury finished with 13 digs.

In the second match Salisbury took control early, finishing the first set with a 12-4 run to win after trailing 16-13. to win the set

25-20. The Gulls had similar runs in the last two sets, including a 18-6 run in the second set that included three kills from both Todd and sophomore middle hitter Chelsea Glowacki. Glowacki finished the match with 10 kills. For her efforts Glowacki was named the tournament's Most Valuable Player.

Todd finished with 14 assists. Saltzman also tallied 14 assists of her own.

Glowacki and Todd both made the SU Tournament All-Tournament Team.

The Sea Gulls started the third set with a 13-5 run and never looked back taking the set 25-17. Stansbury tallied 17 digs giving her 30 on the day.

The Sea Gulls will be in action again on Thursday as they take on Capital Athletic Conference opponent Stevenson at Maggs Physical Activities Center. The match is set to start at 7 p.m. The evening will be a special fundraiser called "Digs for Dogs." All of the proceeds from the evening, which include a silent auction and a serving contest, will go to the Humane Society of Wicomico County and The Dog House.

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS
★ Sea Gulls ★ Sea Gulls ★ Sea

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS

Field Hockey

The field hockey team (10-2, 5-0 CAC) traveled to Hood College on Oct. 13 and came home with a 9-0 victory.

The Gulls began firing their shots as soon as the whistle was blown, but junior Caitlin Walker was the first to put it in the back of the cage. The second goal for the Gulls came from senior Kandice Hancock off of a penalty stroke. Salisbury was just beginning their scoring run when junior Tara McGovern scored the third goal. Sophomore Kristina Fusco scored on a penalty stroke giving SU a 4-0 lead.

In the second half, junior Danielle Lehman planted the fifth goal and less than one minute later sophomore Katie Matteo scored on SU's third penalty stroke of the game. Three minutes later, Lehman scored again giving SU a 7-0 lead over the Blazers. Freshmen Lindsey Lloyd and Stacey Lamboni scored the eighth and ninth goals.

On Oct. 16, they faced The College of New Jersey for their Homecoming game. The Gulls won the contest 4-1. Senior Katy Lamboni and junior Courtney Webster each had one goal, and sophomore Kristina Fusco had two goals.

Women's Soccer

The women's soccer team (7-8, 5-2 CAC) traveled to Hood College on Oct. 16 and came back with a 7-0 victory. The seven goals scored marks a season-high for the Gulls. Their previous high was three.

Salisbury's first goal came from sophomore Julia Finecey with an assist from sophomore Bonnie Sandone. Junior Sarah Jessilonis quickly followed with an unassisted goal.

The third and fourth goals were scored by sophomores Erin Mooney and Jessica Robinson. The goals were scored in the 32nd and 33rd minute of the game. Jessilonis scored her second goal at the start of the second half. The sixth goal was scored by sophomore Sarah Pfundstein, and sophomore Sam DeRosa sealed the final goal.

Men's Soccer

On Oct. 13 the men's soccer team (12-1-3, 6-1 CAC) shut out Capital Athletic Conference foe Wesley College with a 2-0 win.

In the first 45 minutes, junior Ian Wilson had an opportunity to score, but the ball was wide of Wesley's goal. In the 53rd minute of the

game senior Dave Corrigan aimed a cross to senior Mike Napolitano. Napolitano headed the ball into the Wesley goal for his team-leading seventh goal of the season. The second goal was scored by Corrigan when he received a pass from senior Justin Lambert.

Sophomore goalkeeper John Vnenchak picked up his sixth win of the season playing the entire game and finishing with one save.

Cross Country

On Oct. 16 the men's and women's cross country teams traveled to Gettysburg College to compete in the Gettysburg Invitational.

In the men's 8k race, senior Chris Barnard placed fifth overall with a final time of 26:15.79. Barnard led his team to a second place finish. Freshman Ryan Jackson and sophomore Steve Berstler were on the heels of their teammate. Jackson finished 12th with a final time of 26:37.81, and Berstler finished 24th with 26:58.57 on the clock.

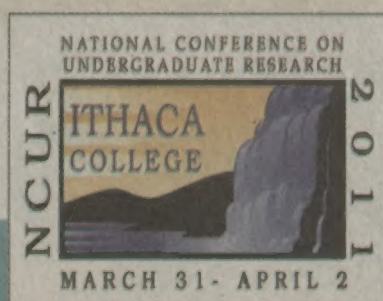
In the women's 6k race, senior Kristin Stromberg placed 31st with a final time 24:30.03 and junior Becca Stinner quickly followed her teammate. Stinner finished 40th with a final time of 24:46.84 on the clock.

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS
★ Sea Gulls ★ Sea Gulls ★ Sea

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS

National Conference on Undergraduate Research TRAVEL GRANT AWARDS

Apply for a grant to present your research or creative activity at the National Conference on Undergraduate Research (NCUR), to be held March 31-April 2, 2011, at Ithaca College in Ithaca, NY.



Salisbury
UNIVERSITY

Online submission at: www.salisbury.edu/ncur
Submission deadline Friday, October 22, 2010

Bleeding? Broken? Infected?...or Just Hurts!™



Confidential & Convenient Medical Care

Monday- Saturday: 9 AM to 7 PM & Sunday: 9 AM to 5 PM

OPEN 7 DAYS A WEEK • NO APPOINTMENT

Coughs/colds/sore throat
Bronchitis
Nausea/vomiting
Ear aches
Flu symptoms
Asthma/allergies
STDs/HIV testing
UTI/Kidney infection
GYN concerns
Infections
Meningitis vaccine

Cuts/lacerations
Broken/fractured bones
Sprains/strains
Back pain
Sports injuries

CERTIFIED URGENT CARE
UC
Urgent Care Association Of America

410-543-2020

www.sbyimmediatecare.com
MOST INSURANCE ACCEPTED



659 S. Salisbury Blvd., Suite 2
Located in the Salisbury Health Pavilion, across the street from Wawa, on the right, past Giant Supermarket and Walgreens.

SALISBURY SPORTS CALENDAR

Tuesday - 10/19	Wednesday - 10/20	Thursday - 10/21	Friday - 10/22	Saturday - 10/23	Sunday - 10/24	Monday 10/25
		Volleyball vs. Stevenson (Digs for Dogs): 7 p.m.		Women's Soccer vs. Frostburg St.: noon Men's Soccer vs. York (Pa.): 2 p.m.		